

Britta H.



**Certified Personal Trainer
Fitness Manager
Team Member Since: 2009**

Education & Certifications

- BS in Exercise Science from North Park University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Certified in Vinyasa Yoga Sculpt
- Bodybuilding: Figure Competition
- Sprinting, Plyos, Running Stairs



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 185